

## Taking Care of Yourself - 3.2020—School Challenges & Solutions

Grade Level	Minimum	Maximum	Recommended Length of Sustained Attention
PreK	20 minutes/day	60 minutes/day	3-5 minutes
K	30 minutes/ day	90 minutes/day	3-5 minutes
1-2	45 minutes/day	90 minutes/day	5-10 minutes
3-5	60 minutes/day	120 minutes/day	10-15 minutes
6-8	Class: 15 minutes/day Total: 90 minutes/day	Class: 30 minutes/day Total: 180 minutes/day	1 subject area or class
9-12	Class: 20 minutes/day Total: 120 minutes/day	Class: 45 minutes/day Total: 270 minutes/day	1 subject area or class

Suggestions for Additional Activities				
Mind	Body	Spirit	Environment	Family
<ul style="list-style-type: none"> <li>Reading, e.g., independent reading, listening to someone else read, audiobooks</li> <li>Puzzles, Word Searches</li> <li>Write a story or in a journal</li> <li>Count money</li> <li>Draw a map of your neighborhood</li> <li>Building with blocks or Legos</li> <li>Listen to a podcast</li> <li>Watch a documentary</li> </ul>	<ul style="list-style-type: none"> <li>Take a walk</li> <li>Dance</li> <li>Exercise</li> <li>Fine/gross motor activities</li> <li>Stretch or do yoga</li> <li>Play a sport</li> </ul>	<ul style="list-style-type: none"> <li>Listen to music or sing</li> <li>Playing (inside or outside)</li> <li>Creative arts</li> <li>Coloring or drawing</li> <li>Imaginative play</li> <li>Meditate</li> <li>Do something you've been avoiding</li> </ul>	<ul style="list-style-type: none"> <li>Clean up your room</li> <li>Do age-appropriate chores</li> <li>Gardening</li> <li>Fix something broken</li> <li>Take care of pets or plants</li> <li>Cook or bake</li> </ul>	<ul style="list-style-type: none"> <li>Write a letter to someone</li> <li>Play board games with a family member</li> <li>Tell jokes or riddles</li> <li>Build a fort and tell stories in it</li> <li>Offer to help someone</li> </ul>

Parents, we heard from school teachers this week, they do not expect you to be teaching all day. Here is a great chart from the Illinois Board of Education on recommended lengths for children's attention. Remember, if you need help—reach out to teachers. They want to be your resource for assistance.

### Tips for this week:

*Keep that family schedule going!*

*Parents aren't expected to become teachers. During this time, just keep children sharp and engaged with learning!*

*If you don't understand an assignment, don't worry. Skip it. You can always come back to it later.*

*Get outside! Do fun things that are a learning experience—Example: Find 4 bugs and have children write about that!*



With school and public libraries closed, finding new stories to read to your children each day may prove to be a challenge. [Click](#) the logo above for the map of Little Free Libraries and find one near you! Take a Book—Share a Book.

### Practicing Mindfulness with Children:

Remember when you were in school and the teacher had everyone put their head down on their desks for “quiet time”? Maybe soft music was played in the background. That teacher was giving everyone a mental break and allowing your little minds to calm down.

Now this practice may be called meditation or mindfulness. However it is phrased, use this technique at home when your new role as teacher becomes a bit overwhelming.

Quiet time (5-10 minutes). Listen to the breathing, clear the mind and reboot for the rest of the day. <https://www.youtube.com/watch?v=TXYHdRP8DsA>



### Helpful links for Children:

Daniel Tiger: <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

Sesame Street: <https://www.thedrum.com/news/2020/03/30/sesame-street-updates-viral-song-help-parents-during-coronavirus-outbreak>

MOOVLA on YouTube: <https://www.youtube.com/watch?v=jKSkAtFUjo0>

Speech Therapy Videos on YouTube with [Peachie Speechie](#):